

NUTRITION CONTRACT

I, _____ commit to a healthier way of eating by working on at least one of my goals below each week. I will check off each goal as I complete it, and will continue the good habits I have adopted while I work on each new goal, thus building healthy habits gradually.

MY GOALS

(✓) Circle & Fill In To Record Your Personal Goals:

- () Decrease / increase _____ from ____ X per day or week to ____ X per day or week.
type of food
- () Decrease / increase _____ from ____ X per day or week to ____ X per day or week.
- () Replace _____ with _____.
type of food type of food
- () Replace _____ with _____.
- () Add _____ (list food) ____ X per day or week.
- () Add _____ (list food) ____ X per day or week.

Signature



Date